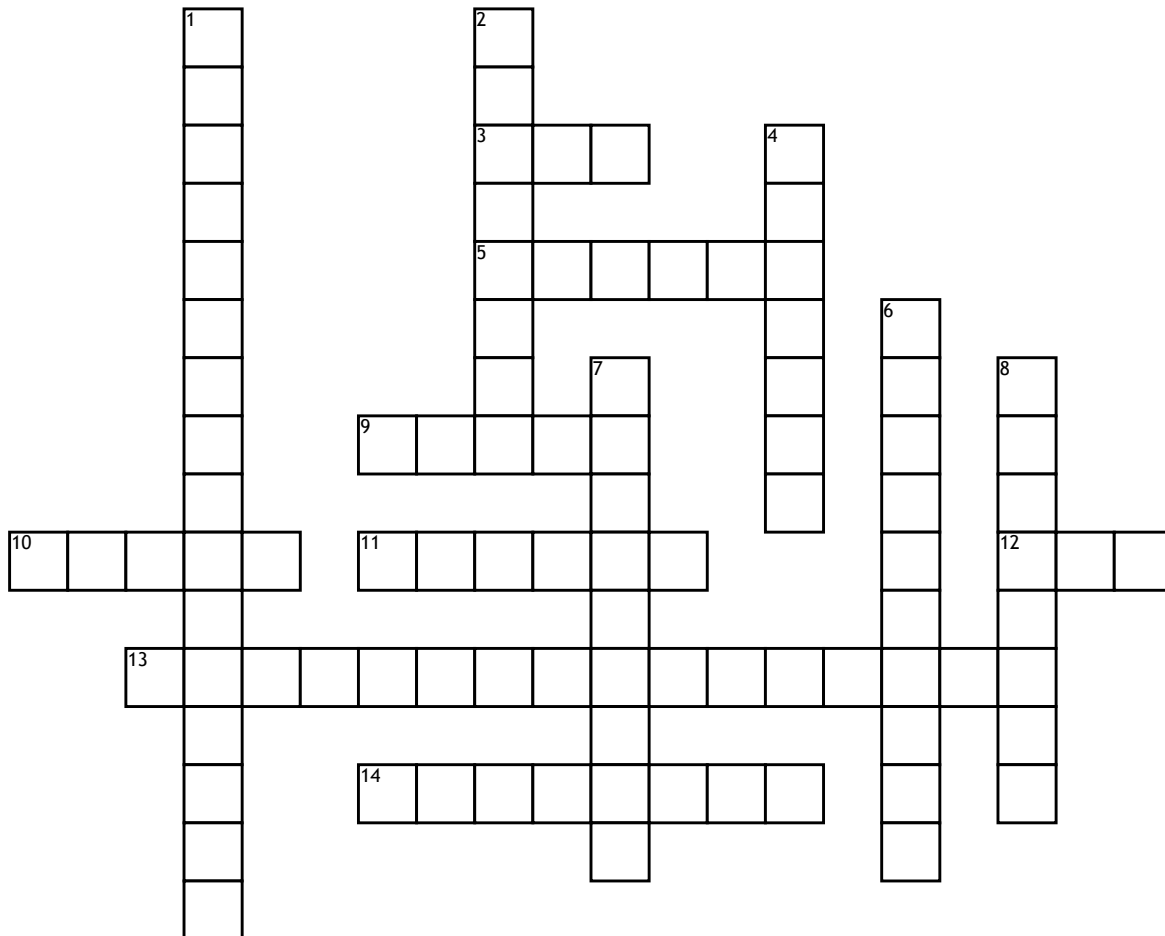


RECALL



Across

3. Part of a athletes season
 5. Sporting action when horizontal flexion occurs?
 9. Type of joint at the ankle
 10. Where does planter flexion take place?

11. Factor affecting aerobic capacity
 12. Factor affecting aerobic capacity
 13. Effect of adrenaline prior to exercise
 14. When training is reduced?

Down

1. Which is the RCC found?

2. How to prevent blood pooling?
 4. Principle of training
 6. Most anaerobic muscle fibre
 7. Neural controls
 8. Found in a synovial joint to aid stability